

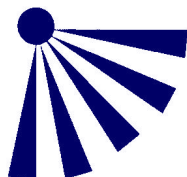
# It takes a village...

The famous quote states: "It takes a village to raise a child." This quote, however, also applies to the journey of recovery from mental illness. None of us live in a vacuum and we need skills and support from our families, providers and community to make it in this world.

For the past 25 years, the Bluegrass Regional Mental Health-Mental Retardation Board has sponsored an educational conference for consumers who have a severe mental illness. Consumers, family members, and providers from across the state gather together to spend time in focused workshops and social activities to share ideas, explore issues, and network with others. This year Bluegrass has joined with KYSTARS to sponsor this conference. This is truly a collaborative effort drawing upon the resources and expertise of all stakeholders of mental health services in Kentucky.

In these uncertain times it is even more important for consumers, family members and providers to join forces to present a united front in advocating for appropriate care for all behavioral health issues and advocate for services that promote recovery. Only by educating ourselves will we be able to assure that every individual impacted by mental illness will have the opportunity to achieve recovery and live as they choose.

2011 Conference Registration  
Comprehensive Care Center  
Attn: Denise Bryan  
191 Doctors Drive  
Frankfort, KY 40601



 Bluegrass Regional Mental Health-  
Mental Retardation Board, Inc.



*Proudly Sponsoring*



**MISSION:  
I'M-POSSIBLE!**



**The 2011 Kentucky  
Consumer Conference**  
*"Celebrating the  
Reality of Recovery"*

Tuesday, June 28, 2011

**Clarion Hotel**  
1950 Newtown Pike  
Lexington, Kentucky

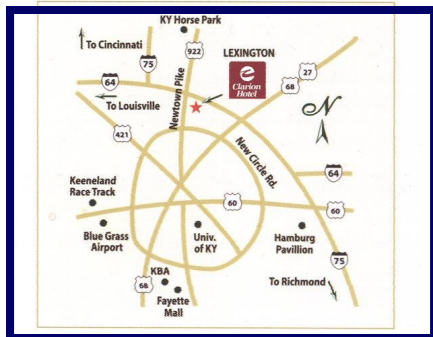
## ABOUT THE CONFERENCE

**"I dwell in possibilities."  
~Emily Dickenson**

*The theme for this year's conference focuses on everything that is possible for an individual to achieve; support, good health, an active social life, a strong support system and excellent recovery resources. For many years, folks with mental illnesses were lead to believe that recovery was not very likely; not possible. Today, this conference is about recovery being a very real possibility. Take this day to learn, to grow, to try new things – to discover that YOU decide what is possible for you and your recovery journey. We will introduce new resources and new ideas – you will decide how to incorporate them into your recovery. So relax, enjoy, make a friend; the Possibilities are endless!!!*



## DIRECTIONS



## SCHEDULE

**Tuesday, June 28, 2011**

7:30-9:00am	Registration & Breakfast
9:00-9:30am	Welcome
9:30-10:30am	Introduction to <b>KYSTARS</b> (Kentucky System Transformation, Advocacy, Recovery & Support)
10:30-11:00am	Peer Support in Kentucky
11:00- 12:00noon	Voices in Recovery
12:00-1:00pm	Lunch
1:30- 2:30pm	Whole Health <i>Mind, Body and Soul</i>
2:30- 4:00pm	<b>MISSION I'M-POSSIBLE!</b>
4:00-4:30pm	Conference Evaluation & Adjourn

**Booths will be set up outside the meeting room where you can browse during breaks and after lunch.**

**Note: There are no planned activities or meals the evening before the conference, however the hotel offers an indoor pool, whirlpool, sauna, video games and more!**

## HOTEL INFORMATION



**Clarion—Lexington North**

1950 Newtown Pike  
Lexington, KY 40511  
Phone: 1-859-233-0512  
E-mail: [info@clarionhotellx.com](mailto:info@clarionhotellx.com)

There will be live music in the hotel lounge the evening before the conference.

## REGISTRATION & FEES

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Program Affiliation (if any): \_\_\_\_\_

Please indicate any special accommodations you may require:  
\_\_\_\_\_  
\_\_\_\_\_

*There are a limited number of ground hotel rooms available. To ensure that those who require rooms without steps, we kindly ask that you request this only as necessary.*

I am requesting a vegetarian meal.

### Please check one:

I will be attending the conference only (\$10.00)

I will be attending the conference and will require a double occupancy room (\$40.00 fee)  
My roommate will be:  
\_\_\_\_\_

(Please send registration together, otherwise roommates will be assigned)

I will require a private room (\$80.00 fee)

*By signing below, I grant full permission for Bluegrass Regional MH/MR Board and KYSTARS to use photographs of me and quotations from me in publications and promotions of this event.*

signature

date

**Mail registration form with fee to:  
Comprehensive Care Center  
Attn: Denise Bryan  
191 Doctors Drive, Frankfort, KY 40601.  
The deadline for registration is  
June 17, 2011**

**or when maximum capacity is reached.**

**For questions , call (502) 223-2182 ext. 230  
Or e-mail [dmbryan@bluegrass.org](mailto:dmbryan@bluegrass.org)**